

## **No death so sad**

At some time or other, everyone goes through a crisis or tragedy but no one expects to go through the trauma of his or her child, parent, sister, brother, or closest friend being murdered. It can happen to anyone of any age unexpectedly which can in some cases lead to you or a member of your family becoming very ill.

For many, the worst time is when "all the fuss" has died down but the strong feelings remain. Everyone expects you to return to a normal life, but you know you will never be the same again. The world goes on much as before while inside you feel alone and that no one truly understands the pain and suffering you are going through.

We all have difficulty in taking in what has happened; everything seems so unreal. Many survivors describe it as "being in a dream" or feeling that it was happening to someone else, and not to them. You may find that you have painful pictures or intrusive memories of things that have happened. You may also have nightmares. You may find yourself going over what happened again and again - Like an obsession in feeling the need to know every detail of what happened and why it happened to your loved one.